



South Dakota **SENIOR MEALS** Good Nutrition for Healthy Living

People age 60 or older and their spouses can eat at SENIOR MEAL sites.

Others who may be eligible for Senior Meals are people with disabilities who live in congregate housing facilities designed primarily for the elderly and where a congregate meal site exists or those who live with a guardian who eats at Senior Meals.

Senior Meals are an affordable way to help maintain your health. The cost of only one day in the hospital is equivalent to the cost of eating daily at Senior Meals for one year.



The full cost to provide a SENIOR MEAL is: _____

A limited amount of Older Americans Act and state dollars are available to help pay for program costs.

*Please contribute what you can.
Meal tickets will insure your confidential contribution.*

Food Stamps and Dakota Electronic Benefits
Transfer (EBT) cards are accepted.

